



## INDIVIDUAL-TYPOLOGICAL CHARACTERISTICS AS A FACTOR OF YOUNG ATHLETES' ADAPTATION TO SPORTS ACTIVITY

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**Annotatsiya:** Ushbu maqolada yosh sportchilarning sport faoliyatiga moslashuvida ijtimoiy omillar va eng asosiysi uning individual o'ziga xosligi muhim ahamiyat kasb etishi yoritib o'tilgani.

**Kalit so'zlar:** sport, psixologiya, individuallik, temperament, o'smir.

**АННОТАЦИЯ:** В данной статье подчеркивается значение социальных факторов и, главное, их индивидуальности в адаптации юных спортсменов к спортивной деятельности.

**Ключевые слова:** спорт, психология, индивидуальность, темперамент, подросток.

**Abstract:** This article highlights the importance of social factors and, most importantly, individuality in the adaptation of young athletes to sports activities.

**Keywords:** sports, psychology, individuality, temperament, adolescence

**Introduction** The spiritual world of an athlete in sports activities consists of a complex of continuous movements, one directly requiring the other and they rule like a continuous chain system. In the same way, in the psyche of a young athlete, impressions of the external environment, memories of the past, creative fantasies about the future, good intentions, desires, goals and wishes, reflections, thoughts and problems, emotional experiences, volitional qualities are continuously replaced by each other, which provides a solid foundation for the ontogenetic world. The course of the spiritual world, its pace, content, form, scope, properties, characteristics, quality, mechanism are observed to manifest themselves in a different way in an individual person. This is probably why people tend to respond quickly or slowly, easily or with difficulty to natural phenomena, factors, and forces of influence. [1,5]

**LITERATURE REVIEW AND METHODS** The individuality and character of a teenager are of great importance in the adaptation of young athletes to sports activities. Because a teenager, to a greater or lesser extent, based on his life experience, responds to external influences and at the same time accelerates the process of adaptation to the environment in which he lives and to the sports field that has become a certain part of his activity. An athlete's temperament also plays an important role in his adaptation to sports clubs. It should be noted that the adaptation of athletes to sports clubs is directly related not only to temperament, but also to motives, psychological states, and emotions. In psychology, it is emphasized that there is a certain degree of difference between individual dynamic characteristics related to temperament and the dynamic characteristics of motives and psychological states, emotional experiences. In order to distinguish the



differences between them, additional signs are introduced and described in a specific way. It is appropriate to single out some of them.

1. The same properties of temperament, unlike motives, mental states and phenomena, are expressed precisely in the person himself, in his various activities, actions, and behavior. [1,30]
2. Since temperamental properties are related to the factor of natural conditioning, they are stable, unchanging and strong throughout the entire life and activity of a person or in a certain part of it (regardless of the cause of susceptibility to influence).
3. The various properties of temperament inherent in a single person are not illegally combined with each other, but they are combined with each other according to a certain law, and these same properties create a unique system that characterizes his types. [2,25]
4. In psychology, temperament traits are understood as a set of stable, unchanging individual-typological characteristics of the psyche that determine the dynamics of the mental activity of an individual teenager. These characteristics form a relatively unchanging structure that describes the temperament type in motives, mental states, goals, and activities of various forms and contents.

Temperament and character are the characteristics of a person that are clearly manifested in social relations. By character we mean individual characteristics that are formed in a person under the influence of the environment and upbringing and are manifested in his willful activity, in his relationship to the world around him (other people, labor, objects). These psychological characteristics of adolescent athletes are manifested in specific conditions. Specific conditions are characterized by the development of each society. Sports are also one of the most important activities of a person. Because without physical abilities, neither a democratic society nor concepts about this society can be imagined. In sports, a person reaches physical maturity, and physical development affects the growth of his mental qualities in a person. These two are organically connected with each other, and it is impossible to consider them separately. Thus, a person is a natural being and has psychological characteristics. These characteristics mature in the process of a person's activity. Sports are also one of the most specific and important activities of a person. Therefore, sports are one of the means of personal development. Therefore, sports are of great importance in the comprehensive education of a person. [4,15]

**DISCUSSION AND RESULTS** Sports require maximum neuromuscular effort, high speed and agility to achieve a certain level or set a record. Sports differ from other types of human activity with this power. In the process of sports, the motor skills of a teenager are highly developed. Also, the willpower and other psychological qualities of a person are improved in sports. The essence of engaging young people in one or another type of sports during this period is that if a teenager spends the period of sports well, then high physical abilities, willpower and character are cultivated, and a worldview is formed. On the contrary, if a teenager is deprived of physical activity games or does not engage in sports during this important period of growth, it will be difficult for him to become a fully mature person in the process of life.

So, engaging in sports at a certain period of the growth process develops in a teenager the most important physical qualities for future life: agility, dexterity, courage, physical beauty and other important qualities. When an athlete engages in one or another type of sport, he always sets a goal to achieve high results. This requires from a teenage athlete:



- General physical development, high development of the physiological functions of the organism as a result of long-term training.
- Requires a high level of thinking operations in an athlete. Because in sports, issues related to methods and tactics that require immediate solutions often arise. This necessity develops the ability to think in sports. In addition, emotions, cognition, and other psychological processes also develop in sports.
- The results of scientific research show that sports play an important role in the upbringing of the temperament and character of a sports person, and when examining coaches and athletes with many years of experience, it is rare to find people with a weak nervous system among them. However, people with a weak nervous system are often found among people who are not involved in sports.
- Phlegmatic - a person with a temperament cannot run fast over short distances, and cannot move fast in boxing, but it has been proven that as a result of training the nervous system changes to such a type, it can master certain types of sports.
- Choleric - people with a temperament are very suitable for running fast over short distances, boxing, but they get too excited during competitions, and quickly get angry when overcoming obstacles.

As can be seen from the above, the individual typological characteristics of each young athlete play a great role in the adaptation of athletes to sports activities. From this point of view, it is appropriate to pay special attention to young people in each sport in the process of adapting young athletes to sports activities. The adaptation of teenage athletes to sports clubs depends on the family circumstances of the teenager, the main activities of his friends around him, his upbringing in the family, the proximity of the gym where he attends training, the location of the gym, the uniqueness of the coach and his psychological knowledge, and most importantly, his sincere love for the chosen sport. The influence of social factors on the teenager and his individual psychological characteristics, education and upbringing, and the surrounding environment are of great importance in the adaptation of teenage athletes to sports clubs.

In conclusion, we think it is appropriate to point out the following.

- Sports are of particular importance in the harmonious development of the adolescent athlete.
- The psychological processes of the adolescent athlete's personality affect the improvement of sports activity, and sport, in turn, plays the role of the main source of this process at a high level.
- It is impossible to achieve high results in sports without the willpower and ideological qualities of a teenager. These qualities are formed in a specific sports environment.
- Sport is a powerful source of changing the temperament of a person in a positive direction. According to the successful adaptation of young athletes to their new professional activities in the sports environment, the respondents are conditionally divided into the following three groups:
  - 1) successful (successfully adapted to sports activities - those who have high results and are satisfied with the creative process in the new work activity);
  - 2) relatively successful (partially adapted to the process of their relationship to sports activities - those who have high labor productivity, but are not satisfied with the process of the new activity);
  - 3) unsuccessful (not adapted to the new professional activity(ies), with low productivity and low satisfaction from the activity) are allocated to subjects of sports activity. The main criteria for successful adaptation are:
    - a) high satisfaction from professional activity (generally accepted objective criteria);



b) the number of jobs created by the subject of labor (additional objective criteria);  
c) the athlete's unwillingness to change his professional activity in cases where other sports activities were offered (main subjective criteria);  
g) indicators of the level of life (additional subjective indicators) were taken into account. Thus, the study showed that 66 (45.1%) athletes formed a social group that demonstrated a high level of adaptation to success. That is, when analyzing the activities of this category of respondents, their interest increased due to their foresight and the correct planning of sports training. 17 (11.5%) of the respondents belong to a social group consisting of unsuccessful sports subjects. It was found that their interest in sports activities has decreased or is insignificant, their participation in training has decreased, their satisfaction with the activity is low, they want to change their current field of activity and have not been able to adapt to this professional activity at all. Also, another 64 respondents who participated in the study belong to the group of relatively successful sports subjects. The results show that their participation in training has increased to a certain extent and their number has increased.

**CONCLUSION** When conducting a pilot stage dedicated to experimental research on the socio-psychological adaptation of young athletes to sports activities, it was considered appropriate to focus on the maximum level of experimental psychology and instructional recommendations used in the study of social thought, which served as the basis for drawing the following scientific conclusions: □ sports are the motives that lead to the choice of sports activities and factors that affect the adaptation of a person in a changing environment, in particular, although a person cannot change natural conditions, it is possible to increase the socio-psychological adaptation of young athletes even in adverse conditions by creating a healthy psychological environment in a sports team; □ socio-psychological adaptation to professional sports activity(ies) can be divided into five levels: low, below average, medium, above average, high, and these levels are:

- a) the state of entering into relationships;
- b) the absence of long-term external and internal conflicts during sports activities;
- c) satisfaction of sociogenic needs;
- g) readiness for role expectations that may be presented by society (sometimes a non-referent group);
- d) helps determine the ability to independently and confidently demonstrate creative abilities and determines the scope of socio-psychological adaptation.

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